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Marcel Ray Duriez 2 min read · Jun 13, 2026

Ah using the characters from SpongeBob SquarePants as a way to talk about hierarchy, roles, and how people function in work and life.
You could present it like this:

THE SPONGEBOB HIERARCHY OF LIFE & WORK

Different roles. Different lessons. All important.

SpongeBob SQUAREPANTS

1

SANDY CHEEKS
The thinker, inventor and problem solver. She studies, learns and creates solutions.

2

PATRICK STAR
The loyal friend. Not always the smartest, but reminds us of the importance of friendship and support.

3

PEARL KRABS
Represents youth, growth and learning who you are.

4

SQUIDWARD TENTACLES
The worker who may feel stuck, frustrated or dissatisfied, yet still shows up every day.

5

SPONGEBOB SQUAREPANTS
The person who takes pride in their work, brings enthusiasm and tries to do their best regardless of the job.

6

MRS. PUFF
The teacher, mentor or trainer who guides others and helps them grow.

7

PLANKTON
Represents ambition, competition and the temptation to take shortcuts to get ahead.

8

MR. KRABS
The business owner, manager or entrepreneur focused on responsibility, leadership and financial success.

GROWTH ISN'T ABOUT BEING AT THE TOP.
It's about learning from every role and giving your best where you are today.

IN LIFE AND RECOVERY

- We all play different roles throughout life.
- Some days we lead, some days we learn.
- Every role has value and something to teach us.
- Humility is the key—no matter where we stand today, we are all students of life.
- Support others, learn from everyone, and keep growing.

THERE IS NO SHAME IN ANY ROLE.
THERE IS ONLY LESSONS, GROWTH AND PURPOSE.

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The SpongeBob Hierarchy of Life and Work

Sandy Cheeks – The thinker, inventor, and problem solver. She studies, learns, and creates solutions.
Patrick Star – The loyal friend. Not always the smartest, but reminds us of the importance of friendship and support.
Pearl Krabs – Represents youth, growth, and learning who you are.
Squidward Tentacles – The worker who may feel stuck, frustrated, or dissatisfied, yet still shows up every day.
SpongeBob SquarePants – The person who takes pride in their work, brings enthusiasm, and tries to do their best regardless of the job.
Mrs. Puff – The teacher, mentor, or trainer who guides others and helps them grow.
Plankton – Represents ambition, competition, and the temptation to take shortcuts to get ahead.
Mr. Krabs – The business owner, manager, or entrepreneur focused on responsibility, leadership, and financial success.
Recovery Reflection
In recovery and in life, people often move between these roles. Some days we are like SpongeBob, working hard with gratitude. Other days we are like Squidward, frustrated and tired. Sometimes we need a Mrs. Puff to teach us, a Sandy to inspire us, or a Patrick to remind us that friendship matters.
The lesson is that growth is not about being at the top of a hierarchy. It is about learning from every role. The person sweeping the floor, the counselor leading the group, the owner running the business, and the friend sitting beside you all have something valuable to teach. Recovery teaches humility: no matter where we stand today, we are all students of life, and there is always another lesson to learn.

Written by Marcel Ray Duriez

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